

HAPPY THOUGHTS

WISE WORDS ON FINDING FULFILLMENT

'Happiness is not a goal, it is a by-product.'

Paradoxically, the one sure way not to be happy is deliberately to map out a way of life in which one would please oneself completely and exclusively.'

ELEANOR ROOSEVELT

First Lady of the United States, 1933-45
You Learn by Living (1960)

'Happiness is not to be achieved at the command of emotional whims.'

AYN RAND

Russian-American novelist and philosopher
Atlas Shrugged (1957)

'It is strange to see with what feverish ardor the Americans pursue their own welfare, and to watch the vague dread that constantly torments them lest they should not have chosen the shortest path which may lead to it.'

ALEXIS DE TOCQUEVILLE

French political theorist and historian
Democracy in America (1835)

'The only way to do great work is to love what you do. If you haven't found it yet, keep looking. **Don't settle.'**

STEVE JOBS

Co-founder and former CEO of Apple Inc.
Stanford University commencement speech (2005)

'Happiness in this world, when it comes, comes incidentally. Make it the object of pursuit, and it leads us a wild-goose chase, and is never attained.'

Follow some other object, and very

possibly we may find that we have caught happiness without dreaming of it.'

NATHANIEL HAWTHORNE

American novelist and essayist
The American Notebooks (1851)

'Every man is a suffering-machine and a happiness-machine combined. The two functions work together harmoniously, with a fine and delicate precision, on the **give-and-take principle.'**

MARK TWAIN

American novelist and humorist
The Mysterious Stranger (1908)